

January

Middle

Available with all meals:

- 1% or Nonfat Milk (Lactose Free Milk Available upon written request)
- Chocolate Milk served on Mondays and Thursdays
- Unlimited amounts of Fruits & Vegetables



Hamburger, Chicken Patty or Uncrustable offered as lunch second choice daily

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks Grilled Cheese Tomato Soup	Homemade Muffin & Yogurt Pizza Bagels	Mini Bagels Beef & Broccoli Rice Bowl	Breakfast Corn Dog Crisпитos Mexican Street Corn	Cinnamon Roll Chicken & Waffles With topping bar
Pancakes Lil' Smokies Soft Pretzel Cheese Sauce	Cereal Bar Chicken Nuggets Whole Grain Sun Chips	Homemade Smoothie & Grahams Walking Tacos With the option of Turkey Taco Meat, Shredded Cheddar, Cheese Sauce, etc	Poptart & Sausage Links Chili Dog	Dutch Waffle Breakfast Burrito With the option of Sausage, Egg, Cheese, Potatoes, etc
MLK Day No School	Homemade Muffin & Yogurt Hot Italian Sub With Ham, Pepperoni, and Mozzarella	Mini Blueberry Waffles Orange Chicken Brown Rice Steamed Broccoli	Cheddar Pretzel Stick Loaded Tatchos With the option of Shredded Pork, Shredded Cheddar, Cheese Sauce, etc Cheddar Goldfish	Chocolate Donut French Toast Sausage Links
French Toast Sticks Homemade Buffalo Chicken Mac & Cheese	Oatmeal & Sausage Links BBQ Pork Sandwich Coleslaw	Yogurt Parfait Chicken & Gravy Mashed Potatoes Roll	Bacon Scramble Breakfast Pizza Meatball Sub	Mini Donuts Biscuits & Sausage Gravy

A meal must include 3 of the 5 following choices: meat or meat alternative, grain, fruit, vegetable and milk
 Students must take at least ½ cup of fruit or vegetables with their meal
 Menu is subject to change due to product availability
 SIA is an equal opportunity provider